

WARREN



"Jolly Rogers"

# SENTINEL

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Feb. 24, 2006

NSI and CAPEX	Show 'em how the 90th rolls	3
Court martial	90 LRS Airman receives eight months behind bars	6

February is  
African  
American  
Heritage Month



## ON THE CATWALK

Staff Sgt. Marquise Andrews, 90th Missile Security Forces Squadron, walks down the catwalk at the Trail's End Club during the fashion show sponsored by the African American Heritage Month committee, Saturday. Dillards and American Eagle loaned clothes for the event.

WYANG, 9  
AMC create  
partner-  
ship



General Lord  
honored



12

Over 30  
playoffs

17





# Commentary

## Keep your kids healthy

**Lt. Col. Rachel Lefebvre**  
90th Medical Support Squadron Commander

Are you aware that at least one child in five is overweight in the United States? Unfortunately, the number of overweight children continues to grow. Obesity prevalence has doubled over the last twenty years for preschool children ages 2 to 5 and adolescents ages 12 to 19. Moreover, for children ages 6 to 11, the obesity rate has tripled. Presently, approximately nine-million children over 6 years of age are considered obese.

Why am I writing about this topic? Overweight children have a 70-percent risk of becoming overweight adolescents and adults which leads to a higher risk for a number of health problems to include heart disease, Type 2 Diabetes, high blood pressure, stroke and some forms of cancer.

According to the scientists of the National Institute of Health of the U. S. Department of Health and Human Services which states, "over the next few decades, life expectancy for the average American could decline by as much as five years unless aggressive efforts are made to slow rising rates of obesity." Furthermore, a child who is overweight many times experiences social discrimination (i.e. name calling, being ostracized), which may lead to poor self esteem and even depression.

We, as leaders, caregivers, school teachers and society as a whole, have a role to address the problem of overweight children. It has become a public health priority for our nation.

How do you know if your child is overweight? Your child's physician can help you to determine whether your child is already overweight or at risk for becoming overweight. This is done by calculating your child's body mass index, a height-to-weight ratio. Age and gender are considered in this calculation since children's amount of body fat varies by age and because boys and girls mature at different times. If your child is heavier than 85

to 95 percent of children the same age, gender and height — then he or she may be considered overweight.

Generally, overweight children and adolescents become overweight due to a lack of physical activity, unhealthy eating patterns/habits, or a combination of the two, with genetics and lifestyle both playing important roles in determining a child's weight. Our society has become very sedentary. Television, computer and video games contribute to children's inactive lifestyles of which the average American child spends approximately 24 hours each week watching television. Additionally, children are exposed to unhealthy food choices and are vulnerable to their appeal such as a quick hamburger, French fries, or potato chips. Are you aware that by age 14, 32 percent of adolescent girls and 52 percent of adolescent boys consume three or more eight-ounce servings of sweetened soft drinks daily.

Richard Carmona, the Surgeon General of the United States, stated it well: "The key to solving childhood obesity can be summed up in one word: prevention."

Physical activity is essential to maintaining a normal weight. If your child is a TV or fast food junkie, obsessed with video games or a full-time internet surfer, chances are he or she may be not getting enough physical activity.

So how can you get your kids off the

**Healthy, Page 3**

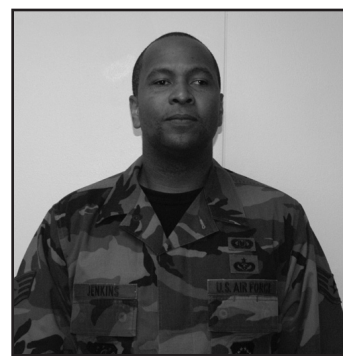
## Street Talk

*The Warren Sentinel asked Warren members, "Why is it important to celebrate ethnic and cultural backgrounds?"*



"Because it's not just ethnic heritage. It is American heritage. Plus it opens the eyes of one culture to another culture."

**- Senior Airman Josh Hinton, 90th Operations Group**



"Because we all should celebrate our heritage and where we come from. Knowing where we come from will help guide us toward our future."

**- Staff Sgt. Mark Jenkins, 90th Space Wing Safety**



"Because that way we don't forget where we come from and so we know what other cultures are about."

**- Senior Airman Briza Ibarra, 90th Missile Security Forces Squadron**



"It helps other cultures understand one another."

**- Senior Airman Christopher Byrd, 90th Logistics Readiness Squadron**

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### DEADLINES:

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# Let's show'em how the 90th rolls

## Get ready for the NSI and CAPEX

Senior Airman Andrew O'Brien  
90th Space Wing Plans and Programs

First and foremost, hearty congratulations to the Mighty Ninety for their "Excellent" performance during the Missile Standardization Evaluation and Training Assessment last month. The inspection team from Twentieth Air Force left highly impressed by a standard raising performance.

There is no time to rest on our laurels, however, as the Nuclear Surety Inspection is rapidly approaching. The men and women of the Mighty Ninety need to maintain their current state of readiness and level of performance to display yet again what makes you all outstanding.

The NSI will inspect many facets of the wing to include: management and administration, technical operations, storage and maintenance facilities, condition of stockpile, security, safety,

**"LEAVE NOTHING TO CHANCE AS YOU MAKE SURE ALL PROGRAMS ARE MAINTAINED TO THEIR OPTIMUM LEVEL AND BRUSH UP ON YOUR JOB KNOWLEDGE."**  
- 90th Space Wing Plans and Programs

supply support, PRP, logistics movement, EOD, nuclear control orders procedures, emergency exercises, and tools, test, tie down and handling equipment. Each of these graded areas assesses a skill set necessary to be counted as among the worthy to possess and control a nuclear arsenal – our nation's most powerful and responsive weapon systems. Much like a "road test" for your driver's license, this is the road test to own and operate intercontinental ballistic missiles. Expect, and welcome, an increase in OPSTEMPO during the weeks

leading up to this inspection. Attack your duties with even more enthusiasm. If in a position of supervision, set the example for your troops to follow by coming to work with your game-face on. It is important to try to exercise some balance even while we're working hard to prepare for this challenging inspection. During the stressful weeks ahead full of longer hours, find a safe outlet to help decompress after work.

The responsibility of nukes comes with an expectation to be inspection ready every day. Even the non-squeaky wheel needs the

occasional grease for preventative maintenance, so break out your binders and your self-inspection programs and go to town. Leave nothing to chance as you make sure all programs are maintained to their optimum level and brush up on your job knowledge.

This inspection will be tough. Rise up to the challenge with an increased vigor and pride in yourself, your organization and your country. There is no quitting the NSI. The 90th Space Wing will walk tall, chests out proudly, boots blindingly shined, affirmed with the knowledge that they are ready, willing and capable to take on all comers.

Take a moment to realize the securities and freedoms we all enjoy are forever guarded, albeit carefully, by those who step up, man their posts and do their job better than their adversaries. Keep in mind we are one second from absolute glory or total failure. This is the opportunity to show the world exactly how the best ICBM wing in the world rolls.

## Healthy, From Page 2

couch and burning calories? Kids are smart - they want to be entertained, not preached to. Here are some ideas to add activity to their daily schedule, and perhaps lose a few pounds yourself!

- Take a family walk.

Even if this is just 20 or 30 minutes after dinner, it can make a difference.

- Be a good role model.

Children learn what they live.

- Ride your bicycle or walk to the store to pick-up your morning paper together.
- When buying groceries, choose fruits and vegetables over convenience foods that are high in fat and sugar.
- Have plenty of healthy snacks available (i.e.

grapes, oranges, celery sticks, etc.)

- Limit the amount of time in front of the TV or video games; encourage other higher level activities.
- Never use food as a reward or punishment.
- If your children earn an allowance, try to add chores that have a physical component, such as mowing

the lawn, raking leaves or sweeping/mopping.

- Take the stairs vice an elevator.
- Park the car in the far end of the parking lot.
- As a family, plan activities (i.e. take an outdoor hike, swim, cycle, walk the dog).
- Make chores a game – who can pull the most

weeds out of the garden? Who can rake the largest pile of leaves?

- Reduce the quantity of food servings.

A key to a healthy lifestyle is to incorporate physical activity and enhance our eating habits—make it part of your own lifestyle. Our children will follow.





Photo by Airman Brandy Holcep

## FOR A GOOD CAUSE

Col. Alvin Kemmet, 90th Mission Support Group Commander, bids on an item at the Warren Spouses' Club auction Feb. 17 at the Trail's End Club. Participants were able to bid on baskets and desserts. The auction raised \$5,363 for the WSC scholarship fund. The WSC provides scholarships to qualifying active-duty dependents.

# The urinalysis program: Safety from start to finish

**Capt. David Tucker**  
90th Space Wing Assistant Staff  
Judge Advocate

Almost all military members have had to do it at some point in their military careers. Members get a call from their orderly room, and the next thing they know, they're being handed a plastic cup, led to a bathroom, and asked to provide a sample of urine.

The primary mission of the drug testing program is to deter military members' use or abuse of controlled and illegal substances like cocaine, marijuana, LSD, PCP, heroin and methamphetamine. A positive test result can end up with the person in a court-martial. But what procedures are in place to ensure an accurate test?

One important safeguard is training. Every person involved in the drug testing program has received training in handling samples. Inspections of the testing program ensure that the proper procedures are being

followed, and that necessary training is provided.

Every phase of collecting urine samples ensures anonymous testing and ensures that nothing from outside a person's own system is found in the urine sample. So, when Airmen provide urine samples, they are not asked to sign their name in full on the bottle. When the member receives the bottle, he can inspect its interior to make sure nothing goes in it but his urine.

After the Airman provides a sample, the process is not over. From the time the sample is provided until all testing is complete, a strict documentary trail is kept that shows exactly who handled the sample at every step in the process, and what was done with the sample. Also, bottles must be sealed in accordance with Air Force regulations. There are specific requirements for storage and shipping of the sample. If any of the packaging is amiss when the sample arrives at the drug testing lab in Texas, the samples are

declared untestable.

Upon arrival at the lab, samples are signed for by a lab technician. The samples are taken to a secure storage area, and when the lab is ready to test the samples, another technician pours a small portion of the sample into a test tube for testing. The lab performs two preliminary screening tests. If either of those tests is negative for illegal drugs, no further testing is conducted. If both are positive, a final test is conducted. This final test is called gas chromatography/mass spectrometry. It is considered the gold standard in the field of drug testing for determining the presence and amount of a drug in the body. Unlike the two screening tests, this third test will reveal a specific concentration of the drug, if it is present.

GC/MS testing can detect even trace amounts of a drug in a person's urine. Because of the need for consistency among the various DoD drug testing labs and the need to eliminate claims of incidental exposure to a drug, DoD

has mandated cut-off levels for each type of illegal drug. Cut-off levels are a specific amount or concentration of the drug that must be present for a test to be deemed positive. If a person has less than the cut-off amount of a drug in their urine, they will be deemed to have a negative result. Anything at the cut-off level or above is deemed a positive result.

If a sample tests positive at each of these stages, it is reported back to the base, and ultimately, the commander. A review of medical records is conducted to rule out a medical reason for the positive result. If no justification is found for the positive result, it is up to the commander, after consulting with the staff judge advocate, to determine what disciplinary action is most appropriate.

Members should feel confident that strict procedures are in place to ensure the reliability of the Air Force Drug Testing Program. The reliability of the program is a key element of its success in deterring illegal drug use.



Briefs

Special duty brief

Interested in becoming a Recruiter or a Military Training Instructor? The Air Education and Training Command team will host a special duty assignment briefing from 8:45 to 10:45 a.m. March 7 at the Pronghorn Center. Airmen first class with at least 24 months time in service through master sergeants with less than 17 years total active service are invited to attend. Spouses of potential applicants are also invited.

The team can expedite the processing of an applicant's special duty application if they bring the completed application with them to the briefing. To obtain a copy of the AETC special duty application, contact the Wing Career Advisor, Senior Master Sgt. Yvonne Miller at 773-6668 or 773-6048.

Gate 5 opening

Gate 5 opened for inbound morning traffic Wednesday in an attempt to alleviate morning traffic at gates 1 and 2. Gate 5 will be open from 6 to 8 a.m. weekdays excluding holidays for a 60-day test to determine if it will help alleviate morning traffic at Gates 1 and 2. All personnel traveling from the north are encouraged to use Gate 5 during their morning commute.

For more information, contact the 90th Security Forces Squadron Operations Section at 773-4558.

Restoration Advisory Board meeting

The Warren Restoration Advisory Board will meet at 7 p.m. Feb. 28 in the Regency Room of the Little America Hotel and Resort. The purpose of the RAB is to discuss current progress of, and future plans for the Environmental Restoration program at Warren. The agenda will include an overview of various restoration projects and a question-and-answer period.

The public is invited to attend and participate.

Guilty  
Airman receives discharge, confinement

90th Space Wing Legal Office

An Airman with the 90th Logistics Readiness Squadron was found guilty of wrongfully possessing seven images of child pornography and attempting to wrongfully possess one image of child pornography during a court-martial here Feb. 9.

Senior Airman Patrick Sullivan was sentenced to a bad conduct discharge, confinement for eight months and reduction to the grade of E-1. As a result of his sentence, Airman Sullivan will automatically forfeit all pay during confinement.

The court-martial, which lasted three days, included testimony from computer forensics experts and child-aging experts. The government produced evidence, including a confession from Airman Sullivan, showing that he had intentionally searched for illegal child pornography. The defense suggested, contrary to his confession, that his possession was accidental.

During closing arguments, the trial counsel emphasized the serious nature of the offenses and the technological evidence that supported Airman Sullivan's conviction. The defense focused on the government's proof of the children's

ages and whether Airman Sullivan knew the images were on his computer.

In sentencing, trial counsel reminded the court that child pornography is not a victimless crime, but one that feeds off of the distant abuse of children. The defense focused the court's outrage on those that physically abuse children.

Courts-martial are open to the public. Although none are currently scheduled, they occur on a regular basis. The courtroom is located in Building 232 on the second floor. For information about the upcoming court schedule, call the military justice division at 773-2256.

FISH FRY  
at  
DORM ESCAPE

February 25

2 to 4 p.m.

For more information,

contact 1st Lt. Maura Sillas at 773- 6059

(in conjunction with)

Fall Hall's Dodgeball Tournament

Hosted by



NSI TIP: PERSONNEL RELIABILITY PROGRAM

What action is required by an individual on the Personnel Reliability Program when a medical appointment off-base is scheduled or required?

1. Contact the certifying official or unit PRP monitor
2. Pick up a release of medical information sheet from the PRP clinic
3. Turn the release of medical information sheet back into the PRP clinic immediately after the appointment
4. Report back to your certifying official or unit PRP monitor

For more information, call Tech. Sgt. David Morrow, base PRP Manager at 773-3490.

# WYANG, AMC create first-of-its-kind squadron

## Partnership will create 30th Airlift Squadron in Cheyenne

**Master Sgt. Trudy Woodcock**  
*Wyoming Air National Guard Public Affairs*

**CHEYENNE** – The Wyoming Air National Guard will host the first active associate partnership with Air Force Air Mobility Command, creating the 30th Airlift Squadron at the Wyoming ANG base at the Cheyenne Municipal Airport later this year.

Gen. Duncan McNabb, Commander, Air Mobility Command, Scott Air Force Base, Ill., discussed the partnership – the first of its kind for Air Mobility Command – Friday during a Greater Cheyenne Chamber of Commerce Military Affairs Committee luncheon.

Recent Base Realignment and Closure Commission recommendations paved the way for the association. In addition, BRAC called for moving

four C-130s to Cheyenne specifically to create an Air National Guard/Active Duty Association.

In this type of association, operational control of the 30th Airlift Squadron's personnel will fall under the Wyoming Air National Guard; administrative controls will remain with Air Mobility Command, through the 463rd Airlift Group, Little Rock AFB, Ark.

A small command staff for the 30th Airlift Squadron should be on the ground in Cheyenne later this summer to begin initial operations.

"We chose Cheyenne because of the great relationship we have here. This community and the way you take care of this wing is well known in DoD," General McNabb told the 125 military and community members who attended the luncheon. "I pledge to you we'll do whatever is necessary to

make this work."

Wyoming's Adjutant General, Maj. Gen. Ed Wright, said he is positive the partnership will be a success. "I believe the Wyoming Air National Guard's commitment to excellence and strong ties to the community will ensure success for the men and women of the 30th Airlift Squadron. Our Air National Guard/Active Duty associate will be a model for similar partnerships around the country."

Wyoming's Congressional delegation, Sen. Craig Thomas, Sen. Mike Enzi and Rep. Barbara Cubin attended the luncheon to show their support for the partnership.

Wyoming Governor Dave Freudenthal also attended. "We have an immense amount to be proud of," Governor Freudenthal said. "This is another first for Wyoming."



Photo by Capt. Warren Neary

**Gen. Duncan McNabb, Commander, Air Mobility Command, Scott Air Force Base, Ill., talks about the partnership between the Wyoming Air National Guard and AMC during the Military Affairs Committee luncheon Friday.**



# General Lord receives Order of the Sword

## AFSPC Commander becomes 8th command recipient of highest enlisted honor

**Tech. Sgt. Kate Rust**  
Air Force Space Command  
Public Affairs

**COLORADO SPRINGS, Colo.** - Air Force Space Command's enlisted personnel bestowed their highest honor upon General Lance W. Lord, Commander, AFSPC, by inducting him into the Order of the Sword Feb. 11.

Giving him and his wife, Mrs. Beccy Lord, the red-carpet treatment, more than 500 Airmen lined the corridors of the Antlers Hilton Hotel from the ballroom entrance to the outdoor sidewalk and beyond to welcome the general with cheers as he arrived.

The active-duty and retired enlisted corps gathered from the command's widespread wings and units and included as guest speaker, Chief Master Sgt. of the Air Force Gerald R. Murray.

"You have chosen wisely," CMSAF Murray said. "General Lord has made a very

positive impression as the leader of Air Force Space Command over the past four years—but he's done that through every level of his career."

CMSAF Murray said the general's commitment to developing Airmen by making it a command focus has echoed throughout the higher echelons of the Air Force.

"General Lord knows Airmen are [the Air Force's] greatest asset," he said. "His dedication is visible throughout the command."

"There is no one better deserving of this honor," said CMSAF Murray.

Chief Master Sgt. Ron Kriete, command chief, AFSPC, and sergeant major for the ceremony, introduced General Lord.

"Our United States Air Force, and yes, our great nation, is truly blessed when endowed with leaders who possess insight, wisdom and the ability to inspire in people the determination to pursue and

achieve the highest goals, accomplishments and values," said Chief Kriete.

"General Lord is a great leader, a great general, and more importantly, a great gentleman," he said.

General Lord received a resounding standing ovation as he took the podium to offer a short, heartfelt speech.

"From my first assignment at Minot Air Force Base in North Dakota, where 'only the chosen are frozen,' I have been in the care of Airmen," said General Lord.

He paid his respects to CMSAF Murray, Chief Master Sgt. Kriete and to all the enlisted who guided him throughout his career, including senior enlisted advisors and command chiefs.

"I tell you, it's a dumb general who doesn't listen to his chief," said General Lord.

"Thank you all for this prestigious honor ... I sincerely appreciate it," he said.



Photos by Duncan Wood

**General Lance W. Lord, Commander, Air Force Space Command, became the eighth inductee to the command's Order of the Sword Feb. 11. It is the highest honor the Air Force enlisted corps can bestow upon an individual.**

Among the Order of the Sword guests were many Warren members who traveled to Colorado Springs to participate in the historic ceremony.

"It was fun being a part of this ceremony, said Senior Airman Monica Wong, 90th Missile Security Forces Squadron. "There were only eight Order of the Sword ceremonies in the history of space command. It was a unique experience."

"I was very excited to be a part of a once in a lifetime military tradition," said Senior Airman Robert Monahan, 90th Communication Squadron.

General Lord joins a short list of total Air Force commanders who have received the time-honored sword, a symbol of respect paid rarely by the enlisted corps for their leaders' abilities and support of the enlisted forces. General Lord is the eighth recipient in AFSPC since the command's inception in 1982.

The Order of the Sword

is an ancient ceremony steeped in tradition said to be patterned after an order of chivalry founded during the middle ages—the Swedish Order of the Sword.

The ceremony is conducted by NCOs to honor leaders who have made significant contributions to the enlisted corps. Earliest traditions hold that ancient NCOs would, on occasion, honor a leader and pledge their loyalty by ceremoniously presenting the leader a sword. The sword, historically a symbol of truth, justice, and power rightfully used, served as a token for all to see and know that here was a 'leader among leaders.' The ceremony became known as the Royal Order of the Sword. The first recorded use of it in America was in the 1860s when Gen. Robert E. Lee was presented a sword by his command. United States Air Force NCOs revived, revised and adopted the Royal Order of the Sword in 1967.



**General Lance W. Lord, Commander, Air Force Space Command, was inducted into the command's Order of the Sword Feb. 11. Chief Master Sgt. Ron Kriete, AFSPC's command chief master sergeant, performed sergeant major duties and Chief Master Sgt. of the Air Force Gerald R. Murray was the guest speaker. The Order of the Sword is the highest honor the Air Force enlisted corps can bestow upon an individual.**

# Volunteers: Making a difference in the community

**2nd Lt. Josh Edwards**  
*90th Space Wing Public Affairs*

Volunteers in the Cheyenne community impact many different types of people, and the benefits of volunteering reach people of all ages. There are ways Warren members can impact even the youngest of Cheyenne citizens.

Airman 1st Class Heather Linden, Computer Security Accountant for the 90th Communications Squadron, and Capt. Christina Campbell, 90th Mission Support Group Executive Officer, both volunteer their time to help students at local area schools.

Airman Linden has been a mentor for a Freedom Elementary School third-grade student since Decem-

ber. She learned about the mentorship opportunity through her first sergeant, and thought it would be a great way to give back to the community and make a difference in someone's life.

"I play games with her and we go over her homework if there's anything that she has trouble with. I help mostly with math and reading," said Airman Linden.

Airman Linden said that the two to three hours a week she meets with her student, really has made a difference in the child's life.

"She's getting a lot better with her math, which is what I want to do ... help her," said Airman Linden. "She seems to enjoy it."

Airman Linden also contributed her time to help with Cheyenne's holiday pa-

**"IT'S ALWAYS NICE TO HELP PEOPLE OUT, AND IT DOESN'T TAKE UP TOO MUCH TIME."**

**- Airman 1st Class Heather Linden**  
*90th Communications Squadron*

rade last year and contributes a significant amount of her time to on-base volunteering as well.

"It's always nice to help people out, and it doesn't take up too much time," said Airman Linden.

Captain Campbell finds the same satisfaction when she volunteers as a reading buddy at Baggs Elementary School. She and her husband, Capt. Ryan Campbell, 90th Space Wing Safety

Office, have been volunteering as reading buddies since September.

Once a week for an hour, Captain Campbell reads one-on-one with first and second grade students as part of the host program. She usually gets one student for the first half-hour and another student for the second half-hour.

"You sit there and read with them, and try to teach them words and find ways

to help them learn," said Captain Campbell. "It's great to do, it's interesting, and it provides perspective."

Captain Campbell said she realizes what a positive impact volunteering has on the community, as well as making for a well-rounded servicemember.

"I think [being involved in the community] is incredibly important. That's why we're here," said Captain Campbell. "By volunteering, we give back to the community what they give to us."

If you would like to highlight a Warren member who has significantly contributed his or her time to the Cheyenne community, contact 90th Space Wing Public Affairs at 773-3381.

Stay tuned for more difference makers in upcoming issues of the Sentinel.



## Senior space professional leads in classroom

**Tech. Sgt. Jennifer Thibault**  
50th Space Wing Public Affairs

**COLORADO SPRINGS, Colo.**—Air Force Space Command's most senior leader headed back to the classroom this week, not to brush up on the latest space concepts, but to share some of his expertise with the students.

General Lance W. Lord, AFSPC Commander, shared his space experience with Discovery Canyon's fifth and sixth graders as the kickoff for the command's High Frontier Adventures initiative.

High Frontier Adventures is an AFSPC program that encourages Air Force space professionals to reach out to their community through involvement in K-12 classrooms. It was designed to make a difference in a growing national deficit of people educated in the space, science, math, engineering and technology fields.

As part of the Space Professional Continuing Education Program, credentialed Space Professionals are now required to perform four hours a year of outreach in local communities to enrich the learning experiences of students.

"I am extremely pleased to be working with our community partners and educators as Air Force Space Command brings a face to space and supports the President's initiative," said the general in his opening remarks.

President George W. Bush, in his most recent state of the union address Jan. 31, stressed the importance of such initiatives.

"... [We need to] encourage innovation throughout our economy and to give our Nation's children a firm grounding in math and science," said President Bush. "If we ensure that America's children succeed in life, they will ensure that America succeeds in the world."

Community involvement has always been a focus of Air Force personnel, but this new program will build upon those involvement efforts.

"This program is designed to expand and unify our collective efforts in America's classrooms," said General Lord. "We want to bring space into the classrooms and get our students excited about math and science—areas where America needs more focus to develop stronger students and future leaders."

The U.S. Space Foundation, headquartered in Colorado Springs, has worked closely with AFSPC in developing the program and helped launch High Frontier Adventures.

The program is a way to help our children be more competitive in the math and science arena, said Dr. Patricia Arnold, Vice President of Education and Workforce Development, at the Space Foundation.

"I think [High Frontier Adventures] has the potential to become a national program," said Dr. Arnold.

After opening comments and introduction to the class, General Lord taught a space-based lesson. The lesson included a showing of the recent Mars Odyssey launch on a Delta II rocket. He then discussed the mathematical



Photo by Tech. Sgt. Jennifer Thibault

**General Lance W. Lord, Commander of Air Force Space Command, teaches sixth grade students a lesson on space during the launch of the High Frontier Adventures program Feb. 10. The general kicked off High Frontier Adventures at school District 20's Discovery Canyon Campus.**

and scientific equations that come into play when conducting a launch.

Although he was talking about rocket science, it was not above the students' heads.

"The satellite is so small...so how will it have enough fuel to get back to Earth?" asked one of the students.

"You've heard the saying, 'What goes up must come down'? Not in this case," replied the general. Most satellites are put into what is called a disposal orbit when no longer operational. "Some do come back, for example the space shuttle," he said.

Throughout the lesson, the class explored the relationship between the sun and the nine planets, to include a demonstration with each child representing the sun and planets and the distance

between them.

"It takes a lot of math and science to get in to space," General Lord said. And if the students continue to explore the math and sciences they could be tomorrow's space leaders.

Before the students headed to their next class, General Lord ensured they knew his motto,

"If you're not in space, you're not in the race."

The students didn't leave empty-handed. The general gave out homework and educational mementos to help them remember the day's event.

The general left with something too.

"I have a renewed exuberance for what we do," said General Lord. "We're starting the action to pave the way for the next generation of leaders."

## Officers ready to face Force Shaping Board

### Results will be made public by June 1

**Tech. Sgt. Jennifer Thibault**  
Air Force Space Command  
Public Affairs

Approximately 250 Air Force Space Command members are set to face the Force Shaping Board at the Air Force Personnel Center, Randolph Air Force Base, Texas, April 10.

With the board less than two months away there is much to be done.

"All FSB eligibles need to review their officer pre-selection brief that reflects information in their record which will meet the board," said Master

Sgt. Edward Jordan, AFSPC Manpower and Personnel. "It is critical they review this information for accuracy."

The pre-selection brief will only be one part of the eligible's package that will be reviewed by the board. The package will also contain a Retention Recommendation Form. This form, completed by senior leadership, provides the opportunity for the officers to be rated against their peers within the senior rater's scope. The officer's OPRs, training reports and decoration citations will also be included.

As the board approaches so does the deadline for offi-

cers who elect to voluntarily separate. Eligible officers may apply for voluntary separation until March 1 using approved force shaping initiatives such as Palace Chase and Blue-to-Green programs.

"All officers who elect to separate and are approved will receive a mandatory separation date no later than Sept. 29," said Sergeant Jordan.

There are some officers not affected by the current force shaping process because of their career field.

"The operational component of the AFSPC mission will not be directly impacted since 13S officers, our officer space operators, will be exempt from the April 2006 Force Shaping Board," said Maj. Chad Deranger, Chief, Space and Missile Officer Assignments, AFSPC. "However, anytime

an organization loses highly educated and trained personnel with relevant experience, the organization feels an impact."

The brunt of that impact percentage-wise will come from the services, airfield operations and missile maintenance but the largest number of losses will come from communication/information, manpower and personnel and logistics readiness career fields.

Although hard hitting for some the Force Shaping process is a necessary one. "The intent is to properly shape the future force by retaining the officers we need to do the mission today and to develop the future leadership of the Air Force," said Sergeant Jordan.

Results of the FSB will be

made public no later than June 1. Officers selected to separate will do so by Sept. 29. Based on time of service, some may receive severance pay. Officers who are force shaped will receive 180 days of transitional health care for themselves and their family. Additionally, they will receive 10 days of permissive TDY for CONUS and 20 days for NON CONUS.

For more specific guidance, officers and their supervisors should contact the military personnel flight at 773-1845.

For more information about the Force Shaping Board and volunteer separation opportunities, visit the AFSPC Force Shaping Web site at [www.afpc.randolph.af.mil/retsep/shape.htm](http://www.afpc.randolph.af.mil/retsep/shape.htm) or call the Air Force Personnel Contact Center at (800) 616-3775.

# Ah ... Ah ... Ah ... CHOO

## Advice on treating cold and flu symptoms

**Maj. (Dr.) Dana Cressler**  
90th Medical Group

Viral upper respiratory tract infections, the common cold and the flu, are the most frequent reasons people visit the doctor's office.

Although these infections are self-limiting, they significantly impact people's quality-of-life and productivity. School aged children experience about seven colds per year. Adults average two to four colds per year, presumably because immunity develops to the viruses.

Symptoms of viral upper respiratory infections typically follow a pattern. The initial symptoms include nasal stuffiness and throat irritation. Within 24 hours, sneezing and a watery nasal discharge may develop, often accompanied by systemic symptoms such as fever, fatigue, headache, loss of appetite, dizziness and muscle aches. Cough occurs in about 70 percent of viral upper respiratory tract infections. Other symptoms may include ear congestion, hoarseness, swollen tender neck glands and sinus pressure. One to three days after the onset of the illness, nasal mucus usually becomes thicker and may turn yellow or green in color. The yellow or green color of nasal discharge does not necessarily mean one has a bacterial infection, these color changes are a normal part of a viral infection. Although most people are much improved by day 10 of their illness, about one third of people will have lingering symptoms of cough or nasal discharge for more than two weeks. In fact, some people will have a dry cough for several months after a viral infection.

**"THE DURATION AND SEVERITY OF UPPER RESPIRATORY TRACT INFECTIONS ARE TYPICALLY MADE WORSE BY SMOKING TOBACCO OR BEING EXPOSED TO SECONDHAND SMOKE."**

**- Maj. (Dr.) Dana Cressler**  
90th Medical Group

The duration and severity of upper respiratory tract infections are typically made worse by smoking tobacco or being exposed to secondhand smoke.

The flu, caused by the influenza virus, starts more suddenly and causes more severe symptoms than the common cold. The main symptoms include high fever, cough, fatigue, headache and muscle aches (especially back and eye muscles). Flu symptoms may also last longer than cold symptoms, especially the cough.

Antibiotics do not work against a cold or the flu because antibiotics only fight bacterial infections. Additionally, the inappropriate use of antibiotics can cause side effects like diarrhea, yeast infections, life threatening allergic reactions and bacterial resistance to the antibiotic. Although no medicines can cure a cold or the flu, some medicines can help relieve or lessen the symptoms associated these illnesses. The same medicines a doctor would give to treat cold or flu symptoms can be purchased at a drugstore without a

doctor's prescription. Medications that may help include: anti-inflammatory medicine, antitussives, expectorants, decongestants and antihistamines.

Other ways of treating cold and flu symptoms include getting plenty of rest to allow your body's energy to fight the illness and drinking plenty of fluids. The benefits of additional fluids are to replace fluid lost because of fever or rapid breathing, treat dehydration and reduce the thickness of nasal mucus. To prevent additional risk of dehydration, avoid alcohol and caffeine while sick. Gargling with salt water a few times daily or drinking hot liquids (like tea) may help improve sore throats by removing irritating mucus from the back of the throat. Throat sprays or lozenges may also help with throat pain, but are usually temporary. Salt-water nose drops, inhaling steam, drinking hot liquids, and using a humidifier or vaporizer can all help improve nasal symptoms by loosening mucus, moistening the tender skin in your nose and increasing mucus flow. To

make saline nose drops, add 1 teaspoon of salt to two cups of water.

In most cases, people do not need to be seen by a doctor when they have a cold or the flu. However, there are times you should be seen to rule-out a bacterial infection. Call the clinic to be seen for any of the following conditions:

- nasal or sinus congestion not improving after 10 days
- fever and severe pain in cheeks or over eyes lasting more than two days
- severe ear pain lasting more than two days
- fever higher than 102 degrees lasting more than two days
- low grade fever (between 100.4 and 102 degrees) lasting more than five days
- difficulty catching breath when at rest
- coughing up thick, foul-smelling, rusty or greenish mucus
- coughing for more than 14 days
- drainage from ear or ear pain increased with movement of earlobe
- severe sore throat with fever
- red rash on skin that feels like sandpaper
- severe headache with stiff neck and high fever

If you still have questions about taking care of your cold or flu, stop by the clinic or the Health and Wellness Center to pick up the book "Taking Care of Yourself." When taking medication, read labels carefully and if you have questions, talk to the pharmacist. Remember: military supervisors do not need to send their troops to the clinic for "quarters." They have the authority to send their troops home for 24 hours if they are not feeling well.

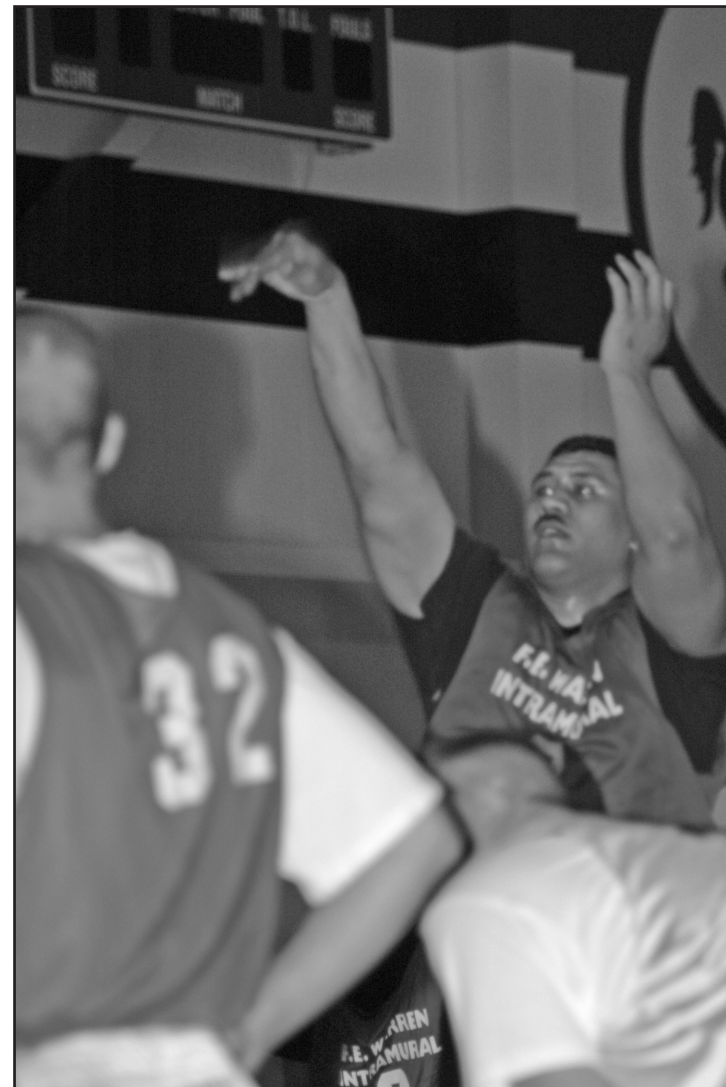




# Warren's over 30 basketball playoffs begin



Tech. Sgt. Jonathan Weaver, 90th Logistics Readiness Squadron, boxes out 2nd Lt. Bryan Butler, 320th Missile Squadron, after a teammate lets the ball fly during Over 30 basketball playoff action Friday night at Freedom Hall.



Photos by Tech. Sgt. Steven Goetsch

Tech. Sgt. Cornelios Sagiao, 90th Operations Support Squadron, shows off his perfect form at the free throw line after being fouled in the second half of Friday's Over 30 basketball playoff game.

Tech. Sgt. Cornelios Sagiao, 90th Operations Support Squadron, gives his 90th Operations Group teammates some last-minute advice during a timeout in the final minutes of their opening round playoff game against the 90th Logistics Readiness Squadron team.





# 90 CONS Airman boxes and builds cars

Washington, D.C., native also member of boxing team and honor guard

*Airman 1st Class Martin Wallace, 90th Contracting Squadron, sat down with Airman Brandy Holcepl, 90th Space Wing Public Affairs, to talk about his passion for cars, being part of the base's honor guard and boxing team, and just what longboarding is all about.*

## Where are you from?

I was born in (Washington) D.C. but I grew up in Spanish Town, Jamaica.

## When did you join the Air Force?

I joined in September of 2003.

## What do you do in your spare time?

I am on the base boxing team. I longboard. I just joined the honor guard. I am in the process of building a car and I like to play video games. I like to keep myself busy.

## Have you been in any boxing championships?

I was in a Florida championship in 2002 and took 3rd place.

## What would you like to accomplish in your boxing career?

Right now we are trying to get the Twentieth Air Force to start an exhibition. I would like to get on the Air Force boxing team.

## What is longboarding?

Skateboarding is about the tricks, longboarding is more about the speed than the tricks. It's more of a downhill thing and it's an adrenaline rush.

## Do you longboard with anyone else?

There are two other guys I longboard with. We find some good hills and go down, we don't race though.

## What does your job involve in 90 CONS?

I am involved in small purchases for things needed for the base. I helped research and purchase the new equipment for the new community center at Fall Hall.

## What do you like most about being on the honor guard?

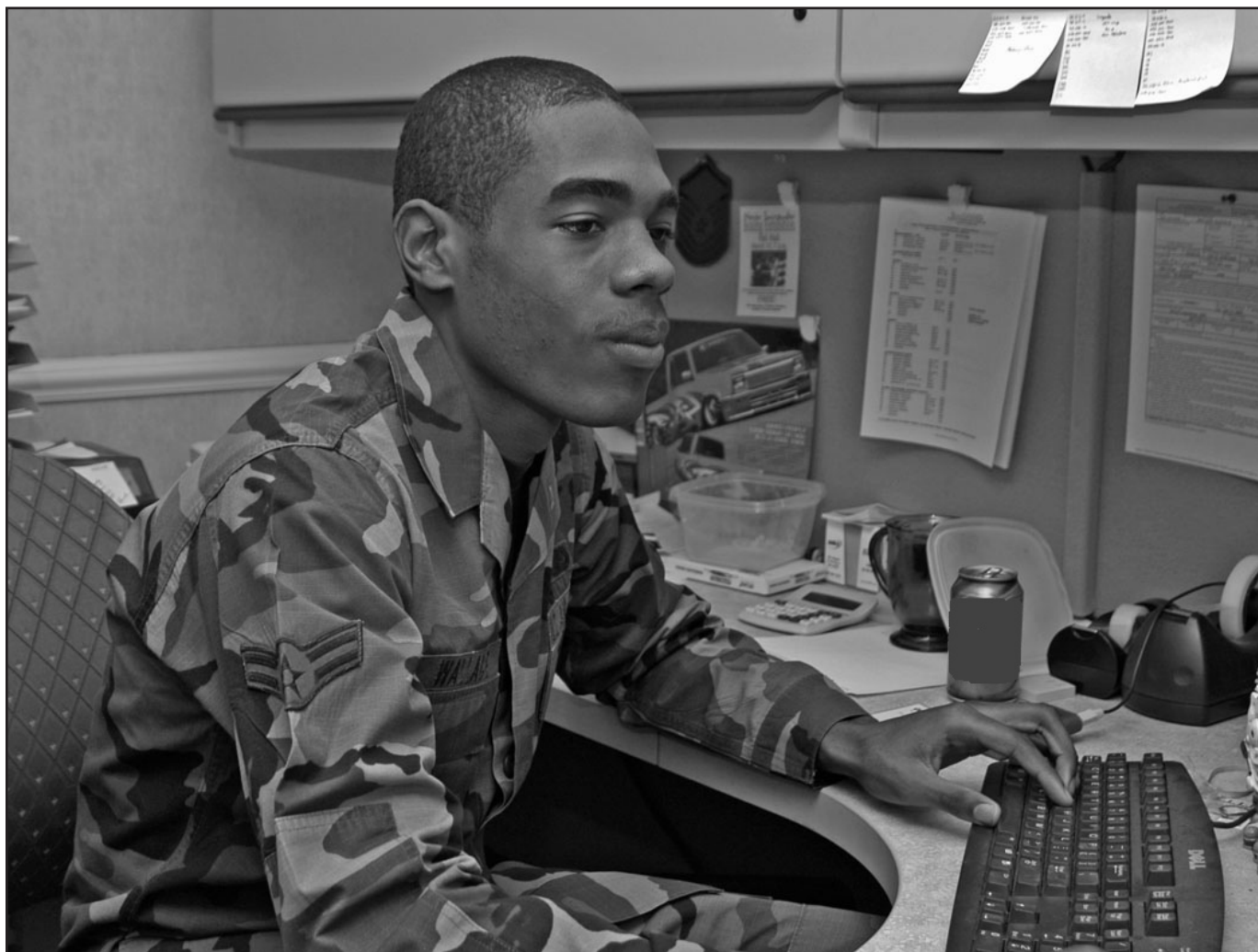


Photo by Airman Brandy Holcepl

Airman 1st Class Martin Wallace works at his desk Tuesday. Airman Wallace, a member of the 90th Contracting Squadron, participates in the base's boxing team and honor guard. He was born in Washington, D.C., and was raised in Spanish Town, Jamaica.

Everything. Being a part of it gives me a good feeling.

## What kind of things have you learned being on the honor guard?

I learned the firing party, the 21 gun salute and I am learning the six-man flag fold.

## How did you get involved with the honor guard?

I had to go through a training class where I learned basic honor guard movements.

## What kind of car are you building?

I am in the process of building a Merkur XR4TI. All I have right now is the basic frame and engine.

## How long will it take to build the car?

I have been working on it for six months-ish now and hopefully it will only take a year to finish.

## What made you want to build a car?

Everyone in my family builds and races cars. My dad has been racing cars for 10 years.

## Have you raced at all yet?

No, not yet, but I want to.

## What other kinds of cars do you like?

I am really into motorcycles.

## Do you have a motorcycle?

I have a Kawasaki KZ750, I got it to learn how to ride. What I really want is a Yamaha.

## When did you learn how to ride?

I learned in early 2005, I took a class through the state. It was free for military members.

## Have you been a part of Military on Bikes?

I haven't had a chance to ride with them yet, but I would like to this summer.

## What kinds of video games do you like to play?

I play a lot of Street Fighter and Fight Night for the PS2 (Playstation 2) and I really like the Final Fantasy series; number seven is my favorite. I am a big Tetris fan.

## Do you have any other game systems?

I have an Atari, a classic, and I am looking for an original Nintendo.

## What was it like to go to the Order of the Sword for General Lord?

It was interesting and fun to be a part of. We had dinner and then the ceremony took place.

## How did you get invited to go to this event?

My first shirt asked me if I wanted to go and I said yes.

## What was the best part of the ceremony?

Being coined by the general and getting to shake his hand. He coined everyone.



#### Bowl for free

Pick up an all new Xtreme Bowling Punchcard at Warren Lanes, and earn a punch for each hour of Xtreme Bowling. Collect 10 punches and receive a free hour of bowling.

For more information, call Warren Lanes at 773-2210.

#### Dodgeball tournament

A free dodgeball tournament is scheduled for 4 p.m. Saturday at the Warren Community Center. Winners receive two free hours of laser tag, trophies and surprise gifts. Second place winners receive a half-hour batting cage time. For more information, call 773-3511. A fish fry hosted by the Warren Company Grade Officers Council is at Dorm Escape before the tournament, from 2 to 4 p.m.

For more information, call 773-6059.

#### Snowy Range ski trip

Outdoor recreation is hosting a ski trip to Snowy Range Saturday. The trip includes transportation, equipment and lift ticket. The cost for

adults is \$42 and \$32 for children. Transportation only is \$15 per person. The trip departs ODR at 7 a.m. and returns approximately 6 p.m.

For more information, call 773-2988.

#### Power steering flush special

Save \$10 on a power steering flush during the month of February. Call for an appointment.

The staff at the Auto Skills Center offers one-on-one instruction during all hours of operation.

For more information, call 773-3869.

#### Pavilion rental

Looking for a venue in which to hold a rehearsal dinner, wedding reception, family reunion, retirement party, going away party or any other event that requires a casual environment? The base pavilion is available for rent and is suitable for use in any type of weather. The cost is \$35 per day. Make reservations at outdoor recreation.

For more information, call 773-2988.

#### Group fitness class

Free group fitness classes are offered at Independence Hall. The classes are open to servicemembers, dependents, DoD civilians and guests. The classes are 5:30 a.m. Mondays through Fridays, 11:15 a.m. Thursdays (yoga), noon Mondays, Tuesdays, Wednesdays and Fridays, 5 p.m. Mondays through Fridays, and 10 a.m. Saturdays. Class formats include step, power conditioning, power training, 3-2-1, Fire and Ice, kickboxing, PACE, total pump, TUFF, and yoga. (See posting on group fitness room door for explanations of class formats and current schedule). All classes are taught by certified instructors. Schedules may be subject to change without notice.

For more information, call 773-6172.

#### Free spinning classes

Spinning classes are offered at Freedom Hall 5:30 a.m. Mondays, Wednesdays and Fridays, 5 p.m. Tuesdays and Thursdays, and 9 a.m. Saturdays. Schedules are posted near the front counter and may be subject to change

without notice.

For more information, call 773-6172.

#### Boxing team

The Warren Boxing Team is looking for boxers, coaches and anyone interested in a good workout. Practices are held 5:30 p.m. Mondays, Tuesdays and Thursdays at Fall Hall. All necessary equipment is provided; all participants need to bring are workout clothes, comfortable gym shoes and a good attitude. For more information, contact 1st Lt. Rodney Ellison at 773-4495.

#### Golf memberships

The 2006 season opens April 1 at the Warren Golf Club. Join before then and receive a 10 percent Pro Shop value discount card. The golf course offers a complete lesson program and active event schedule.

For more information, call 773-3556.

#### Rubyjuice special

Save \$1 on any wrap and smoothie combo at Rubyjuice located in Free-

dom Hall. Rubyjuice is open 7 to 9 a.m. and 11 a.m. to 6 p.m. Mondays through Fridays.

For more information, call 773-6171.

#### Water aerobics class

Water aerobic, a low impact cardio workout, is offered 5:30 to 6:30 p.m. Tuesdays and Thursdays for \$3 a session or purchase a \$30 punch card for 15 sessions. The first class is free.

For more information, call the aquatic center at 773-3195.

#### Breakfast at the golf course

The Warren Golf Course is now offering breakfast Mondays through Fridays from 6:30 to 8:30 a.m.

For more information, call 773-3556.

#### Massage at the aquatic center

The aquatic center offers massages for \$45 per hour and \$25 per half hour.

For more information or to make an appointment, call 773-3195.

# St. Patrick's Day Celebration

## A Pot of Gold Awaits You!\*

Come join the 90th Space  
Wing Chapel  
for a good, old-fashioned  
St. Patrick's Day  
Celebration

**MENU:**  
Corned Beef,  
cabbage  
and beverages  
provided.

March 11, 2006  
6 p.m.  
Pronghorn Center

Call Pat Vaughn  
at 307-773-3434  
for mor information.

Please Bring:  
A-H: Side Dish  
I-M: Bread/Salad  
M-S Vegetable  
T-Z: Dessert

## FEBRUARY NCO ACADEMY GRADUATES

Floyd Edwards, 20th Air Force  
Robert Horne, 20 AF  
Larry Jefferson, 319th Missile Squadron  
James Lopez, 90th Civil Engineer Squadron  
Stanley Joslin, 90th Logistics Readiness Squadron  
Brandon Otten, 90th Missile Maintenance Squadron  
James Tyler, 90 MMXS  
Michael Clark, 90th Missile Security Forces Squadron  
Jonathan Byrd, (distinguished graduate)  
90th Maintenance Group  
Reginal Bowers, 90th Security Forces Group  
John Krumlauf, 90 SFG  
Rodney Cochran, 90th Space Wing

## Education briefs

### Squadron education briefings

Representatives from the Warren Education Center are available to come to squadrons to provide information and handouts on the educational benefits and programs available at Warren. Education counselor and advisors are available to speak at commander's calls, staff meetings, or training sessions and would welcome the opportunity to provide this educational service. For more information, call the education center at 773-2117.

### Attention American Military University students

Richard McMullen, Education Coordinator for AMU will be available from 10 a.m. to 2 p.m. March 1 in Room 28 of the Warren Education Center to meet with students. For more information, contact the education center at 773-2117.

### Commissioning workshop

Are you active-duty enlisted and interested in becoming a commissioned officer? The Warren Education Center is presenting a commissioning workshop at 2 p.m. March 14 in the education center. Presentations include AFROTC programs (AECF, ASCP, SOAR, and POC-ERP), OTS and the Air Force Academy and prep school. For more information and to pre-register for the workshop, call the education center at 773-2117.

### Officer education records

Education records for active-duty, guard and reserve officers are maintained by the Air Force Institute of Technology. For education level updates or corrections, officers must provide an official transcript. Transcripts must be submitted via mail to AFIT/SCIB, 2950 Hobson Way, Wright Patterson AFB, OH, 45433-7765. To contact AFIT by phone call DSN 785-6234, commercial (937) 255-6234 or 1-800-211-5097.

### Visited the Warren Education Center lately?

Customers who have visited the education center recently will receive an e-mail asking to rate the customer service received during visits. The education center asks customers to respond honestly to the questions so that they may serve Warren better.